

The Road to Accepted Hajj (Hajj Mabrur)

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Drawings: Aisha Al-Hamrani

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In the Name of Allah, the Most Gracious, the Most Merciful

Praise be to Allah who imposed on His worshipers what elevates their status, and may praise be upon the Prophet of mercy to the worlds. Congratulations to those who answered the calling of Allah for Hajj, completed the *Tawaf* around the Sacred House, repented to Allah and served Him well.

Allah's Messenger (PBUH) said, "An *Umrah* expiates the sins between it and the previous *Umrah*, and the reward for a flawless Hajj is nothing save Paradise. " Related by At-Tirmidhi who graded it as a Sahih Hasan Hadeeth

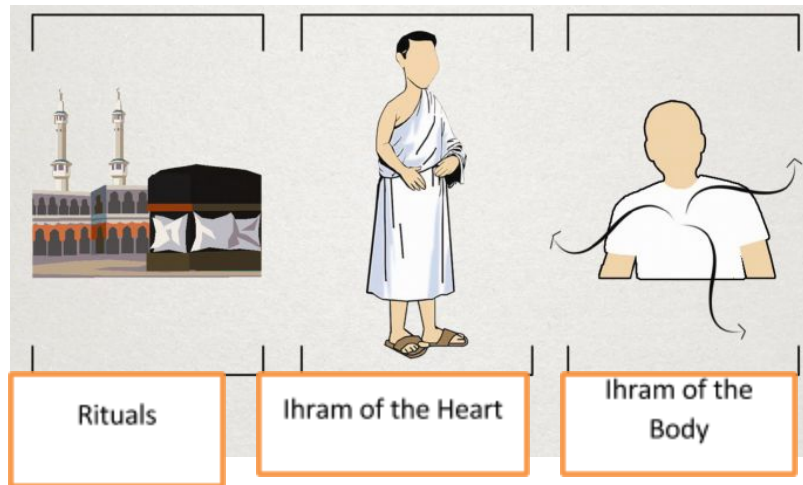
Through this booklet, I offer pilgrims the practical steps necessary to achieve an accepted Hajj, by Allah's will. While writing it, I placed emphasis on making this simple and easy to understand. I ask Allah to help us all achieve this goal and to accept from pilgrims their Hajj and deeds, for He is the All-Hearing and All-Responsive to our invocation.

Dr. Ruqaiya Al-Alwani.

- Have you decided to go to Umrah or Hajj?
- Would you like this journey to truly be the journey of a lifetime?
- Do you intend to start a new page in your life after your return?
- Would you like to help others learn the steps to an accepted Hajj, even if you didn't go with them?
- Are you involved in supervising a group of pilgrims or Umrah-goers?

If you answered Yes to any of these questions, the following pages are for you.

Steps to Accepted Hajj



Ihram of the Heart (the ritual consecration and purity of the heart)

Intention

- Have a sincere, pure intention for Allah's sake.
- Repeatedly ask Allah to grant you a pure intention because deeds are only accepted by it.

Pause: What stands between you and a sincere intention in all of your daily deeds, and especially in Hajj and Umrah?

- Lack of attention to it or lack of serious thinking about it
- Life, with its busyness

- Getting used to doing deeds without considering your intention for doing them
- Recognize that a sincere intention is the basis of all deeds
- Focus on perfecting the deeds you are taking and seek Allah in them no matter how simple they may be
- Give yourself a few minutes to think about the deed before doing it

Praising Allah

- Direct your heart and tongue to praising and thanking Allah for giving you the chance to go to Hajj or visit Him
- Bear in mind that there are many that wish to do what you are about to embark on, yet they were unable to either because they've already passed away or because of poverty, sickness or some contingency.

Pause: Do you sense Allah's grace on you in your resolve to perform Hajj this year?

(A lot, occasionally I don't think of it much)

- Recall those your acquaintances that are no longer among us, and consider how much they might need an accepted Hajj now.
- Repeatedly say "Praise be to Allah"
- Learn to feel Allah's graces and repeatedly remind yourself of them
- Don't focus on what you don't have and think of everything that you do have at this moment at your disposal.

Meditate

- Ponder about the money you have collected for Hajj or Umrah
- Pursue the *halal* (permitted) and avoid the *haram* (prohibited) -- a little *haram* can spoil a great deal of *halal*.

- Dispose of grievances and return borrowed property to its owners in the best possible state

Pause: Do you sense the seriousness of *haram* wealth, usury, embezzlement, and dishonesty at work?

(A lot, occasionally I don't think of it much)

- Look at moldy bread and consider how much it disgusts you
- Imagine a little *haram* like mold, that spreads to infect all wealth
- Seek refuge with Allah from *haram* wealth and ask Him to make your food, drink, and clothing from pure *halal* means.

Pause: Do you record all of the financial rights you owe others, no matter how small?

(A lot, occasionally I don't think of it much)

- Stop delaying and procrastinating the restitution of the rights to their owners.
- Remember that others' rights are *not* forgiven by Allah unless their owners choose to forgive you.
- Remember that today you have plenty of time and an abundance of money, so give yourself an honest self-assessment.

Meditate

- Take care of purifying your inward thoughts, those known only to Allah, and forgive others no matter how great their transgressions towards you.
- Remove all grudges or envy towards any Muslim from your heart.
- Know that your livelihood is decided and no can take from you what Allah the Almighty has already set, for he is the One who divides all blessings among His creations.

Pause: Do you observe Allah in private?

(I don't know, I notice people first and I fear their criticism, I don't care about anyone)

- Remember that Allah looks at your heart so purify it.
- Dedicate a time to hold yourself accountable for your behavior and sense Allah's gaze on you and His knowledge of your every action.
- Observe Allah deep in your inner self, and continuously seek to set it right; use the supplication, "Oh, Allah make my inner self better than my outer self."
- Repeatedly say: "Oh, Allah purify our hearts of malice against the believers."
- Remind yourself of the reward in store for the forgivers.
- Practice tolerance in your life.

Upholding ties of Kinship

- Uphold ties with your kinship, even if they choose not to.
- Treat them well, even if they have mistreated you.
- Don't forget to greet them before going to Hajj, even if it was over the phone.
- Ask for pardon, forgiveness, and reconciliation with them all.

Pause: Do you know how horrible it is to sever ties of kinship?

(I'm gravely aware and I never do it, a little bit and I consider it to be normal, I don't care about it.)

- Strive to maintain your kinship ties even if they did you wrong.
- Uphold their ties seeking Allah's satisfaction and seek help from Allah in doing so.
- Remember that ties of kinship hang by the throne of Allah, and Allah will maintain connection with those that maintain their kinship ties, and cuts them with those that do not.
- Reflect on the great reward of maintaining kinship ties.

Remember

- Prepare your luggage and take as little as possible.
- Do not carry more than you need; there's no room for bragging or boasting about what you take with you.
- Don't carry with you the burdens of others and get rid of grievances, grudges, and hatred towards anyone.
- Intend not to do injustice towards anyone.

Oh Allah

- Rid yourself of feelings of worry and sorrow; put them in a bag and throw it behind you while saying, "Oh Allah."
- Supplicate to Allah in the dead of night to give you a conscious, right and sincere heart.
- Remember when you take your new clothes to return with a new heart and a new goal of seeking Allah's satisfaction in everything you do.

Pause: Do you take to Hajj more than you need?

(Yes - I don't think so - I haven't thought about it)

- Consider your departure from this world without baggage.
- Remember that your good deeds, including an accepted Hajj, is the greatest source of wealth for you in your journey to the hereafter.
- Remember that what you don't need bears down on you and on others, so do not cling on to it.
- Remember that piety is the most beautiful garment.
- Repeat the supplication: "Oh, Allah! Grant me piety and grant my conscience purity. You are the Master of my soul and the Guardian of my conscience."

Remember

- Relate, as you say goodbye to your family and loved ones, the day you leave this Earth, and how you won't be taking anything with you to the grave other than your deeds.
- Leave behind you a good trace and a good remembrance.
- Make your heart more attached to the hereafter.

Pause: When you say goodbye to your family, what do you think about?

- I think about coming back to them.
- I think about issues concerning money and the business I left behind.
- I remember the hereafter.
- Remember that you and your family's issues are under Allah Almighty's command.
- Recognize that people cannot do you harm nor can they do you good except with Allah's will, so put your trust in Allah, Lord of all people.
- Don't forget to leave your will.

Remember

- Don't take pride in garments or a house or a car, etc. for you won't take any of them no matter how expensive they may be; little is the comfort of this life compared with the Hereafter.
- Find pleasure in reducing your enjoyment of this life, and ease your pursuit for worldly pleasures.

Pause: Do you always try to distinguish yourself from others through worldly possessions?

- Always, for I am better than them in many things.
- I like to show Allah's grace and blessings on me, without intending to show off.
- I don't care about appearances at all.
- Remember that the enjoyment of this world is transient and that the greatest blessing for you is being close to Allah.

- Remember that the best things are those done in moderation
- Do not underestimate others and don't think you're better than anyone else.
- Remember that you will leave everything in this world, or it will leave you; grow accustomed to it.

Righteous Company

- Choose righteous company to help you and remind you of Allah.
- Do not befriend those who are used to chatter, pointless talk, banter, complaint, and discontent.

Pause: Have you thought about the characteristics of those that are accompanying you for Hajj?

- I don't care about companionship; I don't need them.
- A little, but I don't know how to choose.
- Yes, I have righteous company.

- Pray to Allah and ask Him to bless you with righteous company.
- Don't limit your choice of company to your acquaintances from your homeland.
- Choose those who remind you of goodness and righteousness and advise you when you commit a mistake.
- Associate yourself with righteous people.
- Reduce time spent with those who only talk about this world, worldly pleasure and adornments.

- Remember that Allah brings those that seek companionship in his name under his throne on the day of judgement.

Ihram of the Body (the ritual consecration and purity of the body)

The Cleansing

- Wash your heart and purge it from getting distracted by anyone but Allah Almighty while cleansing your body in preparation for Ihram.
- Cleanse your heart of apparent and cryptic *shirk (polytheism)*, and review yourself.

(Behold! We gave the site, to Abraham, of the (Sacred) House, (saying):
"Associate not anything (in worship) with Me; and sanctify
My House for those who compass it round, stand up, bow, or prostrate
themselves (therein in prayer).Hajj:26

Meditate

Does your heart turn to anyone when asking for livelihood, victory or aid?

- Usually, especially to powerful, influential people.
- Sometimes, because everything in our lives needs a medium.
- Never, I do what I can and leave the rest to Allah.

- Vigilance and knowing yourself and reviewing your heart.
- Get rid of the hidden *shirk* that stems from the perception that people control benefit, harm, your livelihood, job, etc.

- Seek refuge with Allah and say, "Oh, Allah, I seek refuge with you from *shirk* committed with prior knowledge and ask Your forgiveness for what I don't know."
- Remember, while putting on your Ihram clothing that this is the garment you are going to leave this world wearing, devoid of the pleasure and concerns of this world.
- Remember that you will not be taking any of your worldly possessions to the hereafter.
- Look at the Ihram clothing, with its humility and simplicity.
- Consider the difference between the clothes you would wear when you visit one of the kings of this world, and your clothes when you are in the presence and hospitality of the Almighty, the Merciful.
- Humans judge external appearances, but Allah looks at your inner self and heart, so make sure to amend both.

Pause: Do you excessively care for your outward appearance?

- Yes, people look at me and I care about it alot.
- I don't care how I look; I don't care about people.
- Yes, but without excessiveness, extravagance, or exaggeration because Allah has ordered us to improve our outer appearance and to beautify ourselves in moderation.

Treatment: Know that Allah looks into the hearts and your inner self (**The Day when all intentions will be put on trial**)

- Take care of your appearance in moderation and without exaggeration or pride, attempting to attract the attention of others.
- Know that your real value is not in what you wear ride or sit on, but in yourself, your work and your dealings with others.
- Don't overdo things and know that moderation is the best.

Mediate

- Forego all your concerns with worldly matters and don't think about them.
- Elevate yourself from this world and do not concern yourself too much with food and drink.
- Put your faith in Allah and trust that He won't misguide you as you have emigrated to Him.

Meditate

- The hours and days of Hajj are of the most precious moments of life, so don't waste them in vain through meaningless chatter or busying yourself with anything other than the mentioning of Allah.
- Don't occupy your heart and mind with anything other than the satisfaction of Allah who has honored you with his hospitality.
- Don't sit anywhere that distracts you from the remembrance of Allah and do not go on speaking about what you did and what others did, and what they took and you didn't.
- Don't complain excessively and try not to trace the mistakes and slips of others; actions like these will only serve to reduce your reward.

Pause: Do you frequently talk in vain?

(Usually - I don't know, I never really paid attention - I'm trying to cut back, but it's hard.)

- Remember that your good deeds, including an accepted Hajj, is the greatest source of worth for you in your journey to the Hereafter.
- Remember that anything you say is either for you or against you.
- Remember that your hearing, your sight, and your tongue are entrusted to you, and Allah will question you what you did with them and for what they have been used.
- Avoid those that encourage you to engage in meaningless chatter.
- Practice letting go of what doesn't help you in your cause.

- Repeat the supplication, "Oh, Allah! Give me piety and grant my conscience purity. You are the Master of my soul and the Guardian of my conscience."
- Cover your inner self with a new garment of sincere faith and piety.

The Rituals

Meditate

- Remember that honoring the *Ihram's* prohibitions is honoring what Allah has prohibited.
- Remember that the Ihram trains you to respect Allah's orders and avoid his prohibitions, in every detail.
- Remember that the more you honor Allah's rites, the greater your share of good in this world and in the Hereafter would be.

Remember

- Do not underestimate any of Allah's orders and prohibitions, without exaggeration or extremism.
- Remember that purpose of honoring Allah Almighty's commands is to honor Allah, so do not dwell on the appearances of wearing perfume and the like and lose sight of the purpose of the command which is to stop at His boundaries.

Pause: Will you make sure to observe at Allah Almighty's commands and prohibitions after Hajj as much as you did while performing the orders of Hajj?

(I hadn't thought about that - I will try, Insha'aallah - I'll make sure I try it with all my might.)

- Remember that Allah who ordered you to honor His sanctities and rites during Hajj is the same God who ordered and prohibited you in times other than Hajj.

- Remember that he who refrains from cutting his hair and wearing perfume during Ihram can refrain from all of Allah's prohibitions.

(The greatness of Allah in the heart of the servant calls for the honoring of His rites,

and honoring His rites stands between the servant and misdeeds.)

Ibn Al-Kayyim Al-Jawziyah

- Seek Allah's help in executing His orders, maintaining His sanctities, and honoring His rites at all times.

Remember

- Remember to be present in every deed you do, small or large.

- Humble yourself to Allah's greatness and majesty and recall the awe of the day of judgement.

- Don't recall people's transgressions towards you and say, "Oh, Allah! I forgive all of those who abused me, for your sake, pardon me, You the Pardoner and the Forgiver."

- Always be wary that Allah looks into your heart, so rid it of all the envy and malice.

- The greatest thing that brings you closer to Allah is renewing your monotheism, so frequently repeat "There is no God but Allah alone with no partner to Him, owner of all and praised is He, and He is able to do all things."

Profusion Day

- Remember, when you stay overnight at Mina, how people await on judgment day to be shown onto Allah, the Almighty.
- Repeatedly mention Allah, ask for His forgiveness, read the Quran, and thank Allah profusely.
- Remember that Hajj is a chance for acquaintance among people, cooperation, and spread of love and peace.
- Initiate greetings and show affection and friendliness to those around you -- avoid nagging, boredom, and condescension towards others.
- Try to provide a modest gift to the pilgrims you pass by.



Labbayk Allahumma

- Sense the greatness of "labbayk allaahumma labbayk." (Here I am at Thy service O Lord, here I am.)
- Make Talbiyah (accepting the Lord's call) your law in life, such that you only do your Creator's orders and do not disobey Him in anything.

- Never disobey Allah's orders having already said "labbayk allaahumma."

Pause: Have you decided to answer Allah's order in all of your life matters just like you said "labbayk allaahumma labbayk"?

- I didn't notice this meaning.
- Maybe.
- Yes, absolutely.

- Break every constraint standing between you and answering Allah's commands in your entire life.
- Imagine the good that you will reap in this life and in the Hereafter when you respond to everything your Creator orders; imagine how much easier your life would be, and how much harm it would repel.
- Frequently mention Allah, implore Him and submit to His orders.
- Stop complaining of the crowds.
- Envision, as you are walking among the crowds, the day you await your judgement in the hereafter.
- Devote your forgiveness and tolerance of others to Allah.
- Repeatedly mention Allah and cease the opportunity to devote yourself to Him and bow and grovel in His hands.
- (Frequently Say: "Our Lord! Give us in this world that which is good and in the hereafter that which is good and protect us from the torment of Fire!").



Standing at Arafat

- While standing at Arafat Mountain and seeing people unkempt and dust-covered, remember that Hajj is a microcosm of the day of resurrection and people's jostle in the fields of judgement day.
- Remember all of the sins you committed and recall your need for forgiveness.

He who missed standing in Arafat this year, let him do Allah's rights over him which he knows; he who could not sleep in Muzdalifah, can have determination to obey Allah closer and dearer; he who could not perform the ritual slaughter of Hajj in Mina because it is difficult for him, let him go to the Lord of the Sacred House for He is closer than the veins to those who pray to him.

Ibn Rajab Al-Hanbali

- Frequently:

- Remember that the rituals of Hajj are not just physical motions; their intended purpose is to remember Allah, the Almighty, and bring you closer to Him.
- Recognize the great loss caused by occupying yourself with anything other than remembrance of Allah.
- Keep the places you pass by clean and do not throw even a piece of paper, food or the like.

Remember the magnitude of the responsibility entrusted to you while representing to the world the image of a pilgrim carrying out his Lord's order.

- Do not throw waste, even if you were in a place full of waste. Remember that Allah judges people individually, and that you are responsible for your actions.



- Remember that you are hosted by the Merciful, so retain the ethics of a good guest and make sure to observe Allah in private and in public.

- Remember that removing harm from a path is charity, so what would be the result for those that cause harm?

- Make sure to uphold a shiny image to the pilgrims around you and to everyone watching on television screens.

- Remember that the Hajj is a universal message, so strive to deliver it in the best possible way.

Muzdalifah

- Imagine, while you are on the road to Muzdalifah, the day you await your judgement.

- Accustom yourself to patience, forbearance, and calm while you wait, and frequently say Talbiyah and repent to your Lord.

- Realize the greatness of the Creator who subjected everything to His greatness and his command while observing the people picking pebbles from the ground.

- Humble yourself to Allah, the Almighty, and meditate the meaning of equality among all of the people who are performing the same rituals without any sign of distinction between them.

The Day of Slaughter

- Rejoice in what Allah has bestowed on you on Eid day and ask Allah for acceptance.

- Remember while throwing the pebbles that you are carrying out Allah's orders and mention Allah frequently.
- Imagine the negative characteristics that you want to get rid of in your life and seek help from Allah to strengthen your will and resolve.
- Mediate the meaning of Takbeer while saying, "Allahu Akbar" and make Allah greater than anyone or anything in your life.
- Congratulate the pilgrims around you on Eid and be of help to them to lessen their troubles and sorrows, and make sure to show them your best manners.
- Remember Allah's graces bestowed upon you in subjugating everything to you, including cattle.
- Conjure the intention to come closer to Allah and obey His command while slaughtering the offering.
- Meditate the meaning of sacrifice and remember the story of the prophet Abraham when he accepted Allah's command without hesitation.
- Decide to make Allah's satisfaction your goal in life, whatever the sacrifice may be.
- Always remember that whatever you offer to Allah, Allah will give it back to you in many multiples, for what you have will be depleted and what Allah has is everlasting.
- Remember the status of your less fortunate brothers and sisters from the poor and needy, pray for them, and intend to help them however you can.
- Always remember that money is a means and not an end, and that as much as you spend for Allah's sake, you'll find it with Allah more blessed and longer lasting.
- When you sacrifice, remember the meaning of sacrificing precious things for Allah and obeying Him.

- Recognize the importance of striving to attain His guidance.

They who believe and do not mix their belief with injustice - those will have security, and they are [rightly] guided.

Al-An'am: 82



Tawaf

Remember prophet Abraham's story, and the message of strength, obedience, and submission to Allah's will whatever the price.

- Conjure up the meaning of tawheed (monotheism) and its importance as you gaze at the Kaaba which was built on the pillars of a single God: Allah Almighty.

- Repeatedly mention Allah, ask for His forgiveness, pray, and say *takbeer*.

- Commit to cleansing your heart from asking anyone other than Allah for aid, or to perform any deed other than for His sake alone. Believe, beyond a shadow of a doubt, that people can't help themselves, so how could they help others!

- Direct all your needs to Allah, and Allah alone.

- Sense the feeling of security and tranquility you achieve as you walk around the Kaaba, and remember that this sense of safety comes from within.
- Beg Allah Almighty to accept your Hajj and your deeds and repent sincerely.
- Don't inconvenience others in your attempt to reach the black stone; don't think it can harm or benefit you in any way.

Pause: Are you conjuring up the image of the prophets through the times and their call to worship one God while you circle the Kaaba and sense the greatness of our Almighty Creator?

(A little - a lot - I only supplicate)

- Decide to abandon all the sins, negative habits, and incorrect behaviors standing between you and Allah, and ask Allah for support in this cause.
- Abandon bad companions however minimal your relationship with them may be.
- Renew monotheism in your heart and don't seek with your heart humility, fear, love, recourse or hope from anyone other than Allah.

Ritual walking (Sa'i) between Al-Safa and Al-Marwah

“I know that you are but a harmless, useless stone, and had I not seen the prophet (PBUH) kissing you, I wouldn't have done so myself.”

- Remember while you walk between Al-Safa and Al-Marwah the story of

our Lady Hajar and her pressing need for the mercy of Allah, the Almighty, and her confidence and trust in Allah.

- Learn to pursue obedience of Allah in your entire life with honesty and pure intention to Him alone.
- Sense your poverty and need for him.
- Remember that Allah doesn't forego the efforts of those who truthfully seek refuge through him exclusively.

The Days of Tashreeq

- Avoid controversy and conflict, even if you are right.
- Occupy yourself with remembering Allah, asking for forgiveness, reciting the Quran, and helping Muslims around you with the intention of following the good manners of the Messenger of Allah.
- Do not quarrel with anyone, even if they insulted you, fought with you, and mistreated you with the intention of glorifying your Almighty Creator who has ordered you not to do any of this.
- Fix your own flaws and defects instead of looking at people's flaws and tracing them with your eyes and thoughts.
- Have mercy on others and don't look at them with cruelty or disdain for the cruel heart is of the furthest hearts from Allah.
- Learn patience and endurance and practice them in your life; remember that you will be rewarded for whatever hardships you face during Hajj.
- Remember that among the marks of the sweetness of faith is bearing hardships and a savoring of worship, without feeling distraught or overcome by its difficulty.
- Strive to accept the different situations that afflict you due to the many people, hustle, and whatnot, for Hajj is about Jihad and giving.

- Imagine the Hereafter in all stages of the Hajj and increase your fortitude in supplying yourself with good deeds and piety.
- Assess yourself repeatedly and decide to stop all that stands between you and your Lord.

The Farewell Tawaf

- Sadly bid farewell to the Kaaba and pray to Allah to bless you with many returns to it and to accept your Hajj and forgive your sins.
- Repeatedly pray to and praise Allah, and convey peace and blessings upon his Messenger.
- Renew your determination and fortitude to obeying Allah, avoiding sin and following His laws and commands in your daily life.
- Pray for your family and all Muslims for acceptance, security and safety with a sound and loving heart.

Pause: Have you thought about your life after returning from Hajj?

- I didn't think about it.
- I do not know.
- I will return to my old life.
- Imagine you are now a pure white page, free of sin; decide what to write on this page once you return.
- Focus on the things that you want to change in your life, and make the decision to commit.
- Continue to practice the good habits you have learned in Hajj; habits like patience, sacrifice, tolerance, and cooperation in your everyday life.

About the Author

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Dr. Ruqaia Taha Jabir Al-Alwani has published many books in several languages in various scientific journals ranging from understanding the Quran to Women and Family studies and Youth development projects. In addition, she is specialized in Islamic studies and comparative religion. She has won many awards including the first ever Prince Nayef bin Abdulaziz Al-Saud Award in Sunnah and the Book Renewal Association Award of the Global Forum for Moderateness in Jordan in 2013, among others. She has delivered many training courses, often in the development and teaching of meditation skills and positive values. She has also participated in numerous conferences and forums. Currently, she is a Professor at the University of Bahrain.

Basair

Basair Foundation aims to contribute to human, family, and community development intellectually, behaviorally, socially, and culturally. Basair also provides a number of publications focused on meditating the Quran; linking it to the reality of individuals and community; and practicing the positive values in every Surah and verse of Quran. Moreover, Basair attempts, through these publications, to raise awareness of the Quran's universal message and its cultural values. It also cares for directing discourse to non-Arabic speakers; focusing on delivering the meaning behind the Quranic values in a style that sidesteps a lot of problems arising from translation and interpretations of the meanings of the Holy Quran.

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